



JAPANESE

Ikigai

DATE	TIME	PROGRAMME
Sun 27th Sept	Late afternoon	Arrive in Queenstown airport Transfer to hotel
	5.30pm	Movie at the Arrowtown cinema: Jiro Dreams of Sushi (to set the ikigai theme) Dinner in Frankton Hikari Teppanyaki
Mon 28th Sept	7.30am	Breakfast
	8.30am -1:30pm	Introduction to the week: Theme: Ikigai Reconnecting with nature Glenorchy visit and walk
	Lunch on walk	Bagged Lunch from Franks
	2-4pm	Online language lesson with Semba sensei
	4-5pm	Using this language with your students
	6.30pm	Dinner – choose your own
Tuesday 29th Sept	7.30am	Breakfast
	9am -12pm	Cooking lesson: Make your own obento Arrowtown
	12pm -1pm	Lunch
	1pm -3pm	Online language lesson with Semba sensei
	3pm - 4pm	Using this language with your students
	6pm	Onsen 1 hour soak (TBC – may be Thursday instead) https://www.onsen.co.nz/hot-pool-massage-experiences/
	6.30pm	Dinner – choose your own
Wed 30th Sept	7.30am	Breakfast
	8.30am – 12pm	Half day bike ride from Arrowtown out to one of the vineyards for lunch, easy 2 hour ride

	12pm - 1pm	Lunch at a vineyard
	2pm - 4pm 4pm - 5pm	Online language lesson with Semba sensei Using this language with your students
	6.30pm	Dinner – choose your own
Thurs 1st Oct	7.30am	Breakfast
	9am – 12pm	Amazing Race around Queenstown OR pottery lesson – making your own tea bowl
	12pm – 1pm	Bagged Lunch from Franks
	1pm – 3pm	Online language lesson with Semba sensei Using this language with your students
	6pm	Onsen 1 hour soak (TBC – may be Tuesday instead) https://www.onsen.co.nz/hot-pool-massage-experiences/
	7.30pm	Group dinner – Goku Japanese restaurant and bar
Fri 2nd Oct	7.30am	Breakfast
	9am – 12pm	Zenkuro Sake Brewery tour
	12pm – 1pm	Bagged Lunch from Franks
	Afternoon	Transfer to airport Flight home

PLEASE NOTE: Changes to the above programme may need to take place due to circumstances outside of our control. We do intend to adhere to the planned programmes, and those who are selected to attend will receive a confirmation of the final programme on selection.